

1 Introduction
 2 Tell us about yourself
 3 Learn about basic cost and benefits
 4 Consider how much care you may need
 5 Compare your costs

42

36

46

RAND

38

50

48

32

40

Have you ever tried to estimate how much you are likely to spend on health care next year? The **Health Cost Calculator** can help! *Just follow the five easy steps on the left.*

The **Health Cost Calculator** will help you to estimate how much each of the three health plans available to you may cost over the next year. All you have to do is provide a little bit of information about yourself and your family in order to receive personalized estimates.

Click on Step 1 to begin.

34 52

email your questions or comments

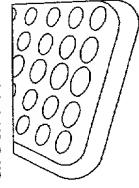
56

54

FIG. 1

Health Cost Calculator

Introduction ↗ 38



66

1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

4 Consider how much care you may need

5 Compare your costs

36

RAND

The **Health Cost Calculator** (HCC) is a tool that will help you to compare your total costs for medical care in different health plans. This tool may make it easier to find the plan that you consider best for you and your family.

The HCC estimates the total annual health costs for five levels of health need in the three plans available to Company X employees. These estimates represent average costs for families similar to yours (in terms of number of members, your age and your gender). Of course, your actual health costs may vary from these estimates, depending on how much care you and your family need and how much care you receive out-of-network. For this reason, the HCC is best used as an indicator of how your total costs in each plan could vary, depending on your level of need and where you receive care.

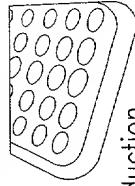
2/27
60
58
40

Click on **Step 2** to continue.

email your questions or comments

FIG. 2

Health Cost Calculator



- 1** Introduction
- 2** Tell us about yourself
- 3** Learn about basic cost and benefits
- 4** Consider how much care you may need
- 5** Compare your costs

Tell us about yourself *38*

RAND

The **Health Cost Calculator** uses information about the size and composition of your family to create personalized estimates of your health care costs for the next year. This program will not save or use any of the information you provide below for purposes other than generating your cost estimates during this session.

What is your **sex**?

Select here

What is your **age***?

Select here

Will your **spouse/partner** be covered by your health plan?

Not applicable

How many **children**** will be covered by your health plan?

0

Click to **SUBMIT** your answers *82*

* This tool is not intended for people over age 65 because they are eligible for MediCare.

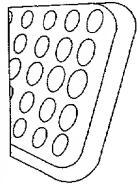
** Children under age 19, unmarried children under 24 if they are full-time students, and older children if they are disabled. *54*

email your questions or comments *56*

FIG. 3

3/27

Health Cost Calculator



Tell us about yourself — 38

RAND

The information you have entered indicates that the following people are covered by your health plan:

- 1 Introduction
- 2 Tell us about yourself
- 3 Learn about basic cost and benefits
- 4 Consider how much care you may need
- 5 Compare your costs

- Yourself
- 1 child

5 Compare your costs

46

92

Click here if this information is

CORRECT

84
(You will be taken to Step 3)

Click here if this information is

INCORRECT

88
(You will be returned to the beginning of Step 2)

FIG. 4

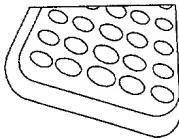
82

54

56

4/27

Health Cost Calculator



1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

4 Consider how much care you may need

5 Compare your costs

Tell us about yourself ³⁸

40

Please indicate the **medical history** of each person covered by your health plan by checking the appropriate boxes below:

	Medical Conditions		
Yourself	98		
	<input type="checkbox"/> Condition 1	<input type="checkbox"/> Condition 8	<input type="checkbox"/> Condition 15
	<input type="checkbox"/> Condition 2	<input type="checkbox"/> Condition 9	<input type="checkbox"/> Condition 16
	<input type="checkbox"/> Condition 3	<input type="checkbox"/> Condition 10	<input type="checkbox"/> Condition 17
	<input type="checkbox"/> Condition 4	<input type="checkbox"/> Condition 11	<input type="checkbox"/> Condition 18
	<input type="checkbox"/> Condition 5	<input type="checkbox"/> Condition 12	<input type="checkbox"/> Condition 19
	<input type="checkbox"/> Condition 6	<input type="checkbox"/> Condition 13	<input type="checkbox"/> Condition 20
	<input type="checkbox"/> Condition 7	<input type="checkbox"/> Condition 14	100
Spouse/ Partner	<input type="checkbox"/> Condition 1	<input type="checkbox"/> Condition 8	<input type="checkbox"/> Condition 15
	<input type="checkbox"/> Condition 2	<input type="checkbox"/> Condition 9	<input type="checkbox"/> Condition 16
	<input type="checkbox"/> Condition 3	<input type="checkbox"/> Condition 10	<input type="checkbox"/> Condition 17
	<input type="checkbox"/> Condition 4	<input type="checkbox"/> Condition 11	<input type="checkbox"/> Condition 18
	<input type="checkbox"/> Condition 5	<input type="checkbox"/> Condition 12	<input type="checkbox"/> Condition 19
	<input type="checkbox"/> Condition 6	<input type="checkbox"/> Condition 13	<input type="checkbox"/> Condition 20
	<input type="checkbox"/> Condition 7	<input type="checkbox"/> Condition 14	
	Child #1	<input type="checkbox"/> Condition 1	<input type="checkbox"/> Condition 8
<input type="checkbox"/> Condition 2		<input type="checkbox"/> Condition 9	<input type="checkbox"/> Condition 16
<input type="checkbox"/> Condition 3		<input type="checkbox"/> Condition 10	<input type="checkbox"/> Condition 17
<input type="checkbox"/> Condition 4		<input type="checkbox"/> Condition 11	<input type="checkbox"/> Condition 18
<input type="checkbox"/> Condition 5		<input type="checkbox"/> Condition 12	<input type="checkbox"/> Condition 19
<input type="checkbox"/> Condition 6		<input type="checkbox"/> Condition 13	<input type="checkbox"/> Condition 20
<input type="checkbox"/> Condition 7		<input type="checkbox"/> Condition 14	

Click to **SUBMIT** your answers

102

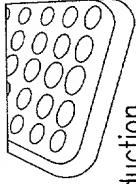
email your questions or comments ⁵⁶

FIG. 5

36

96

Health Cost Calculator



Overview

1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

• Overview

• Premiums

• Benefits tables

4 Consider how much care you may need

5 Compare your costs

36

FIG. 6

Learn about basic cost and benefits ✓ 38 RAND

Overview

1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

• Overview

• Premiums

• Benefits tables

4 Consider how much care you may need

5 Compare your costs

36

6 Overview

7 Premiums

8 Benefits tables

• Overview

• Premiums

• Benefits tables

9 Consider how much care you may need

10 Compare your costs

36

11 Overview

12 Premiums

13 Benefits tables

• Overview

• Premiums

• Benefits tables

14 Consider how much care you may need

15 Compare your costs

36

16 Overview

17 Premiums

18 Benefits tables

• Overview

• Premiums

• Benefits tables

19 Consider how much care you may need

20 Compare your costs

36

21 Overview

22 Premiums

23 Benefits tables

• Overview

• Premiums

• Benefits tables

24 Consider how much care you may need

25 Compare your costs

36

26 Overview

27 Premiums

28 Benefits tables

• Overview

• Premiums

• Benefits tables

29 Consider how much care you may need

30 Compare your costs

36

31 Overview

32 Premiums

33 Benefits tables

• Overview

• Premiums

• Benefits tables

34 Consider how much care you may need

35 Compare your costs

36

36 Overview

37 Premiums

38 Benefits tables

• Overview

• Premiums

• Benefits tables

39 Consider how much care you may need

40 Compare your costs

36

41 Overview

42 Premiums

43 Benefits tables

• Overview

• Premiums

• Benefits tables

44 Consider how much care you may need

45 Compare your costs

36

46 Overview

47 Premiums

48 Benefits tables

• Overview

• Premiums

• Benefits tables

49 Consider how much care you may need

50 Compare your costs

36

51 Overview

52 Premiums

53 Benefits tables

• Overview

• Premiums

• Benefits tables

54 Consider how much care you may need

55 Compare your costs

36

56 Overview

57 Premiums

58 Benefits tables

• Overview

• Premiums

• Benefits tables

59 Consider how much care you may need

60 Compare your costs

36

61 Overview

62 Premiums

63 Benefits tables

• Overview

• Premiums

• Benefits tables

64 Consider how much care you may need

65 Compare your costs

36

66 Overview

67 Premiums

68 Benefits tables

• Overview

• Premiums

• Benefits tables

69 Consider how much care you may need

70 Compare your costs

36

71 Overview

72 Premiums

73 Benefits tables

• Overview

• Premiums

• Benefits tables

74 Consider how much care you may need

75 Compare your costs

36

76 Overview

77 Premiums

78 Benefits tables

• Overview

• Premiums

• Benefits tables

79 Consider how much care you may need

80 Compare your costs

36

81 Overview

82 Premiums

83 Benefits tables

• Overview

• Premiums

• Benefits tables

84 Consider how much care you may need

85 Compare your costs

36

86 Overview

87 Premiums

88 Benefits tables

• Overview

• Premiums

• Benefits tables

89 Consider how much care you may need

90 Compare your costs

36

91 Overview

92 Premiums

93 Benefits tables

• Overview

• Premiums

• Benefits tables

94 Consider how much care you may need

95 Compare your costs

36

96 Overview

97 Premiums

98 Benefits tables

• Overview

• Premiums

• Benefits tables

99 Consider how much care you may need

100 Compare your costs

36

101 Overview

102 Premiums

103 Benefits tables

• Overview

• Premiums

• Benefits tables

104 Consider how much care you may need

105 Compare your costs

36

106 Overview

107 Premiums

108 Benefits tables

• Overview

• Premiums

• Benefits tables

109 Consider how much care you may need

110 Compare your costs

36

111 Overview

112 Premiums

113 Benefits tables

• Overview

• Premiums

• Benefits tables

114 Consider how much care you may need

115 Compare your costs

36

116 Overview

117 Premiums

118 Benefits tables

• Overview

• Premiums

• Benefits tables

119 Consider how much care you may need

120 Compare your costs

36

121 Overview

122 Premiums

123 Benefits tables

• Overview

• Premiums

• Benefits tables

124 Consider how much care you may need

125 Compare your costs

36

126 Overview

127 Premiums

128 Benefits tables

• Overview

• Premiums

• Benefits tables

129 Consider how much care you may need

130 Compare your costs

36

131 Overview

132 Premiums

133 Benefits tables

• Overview

• Premiums

• Benefits tables

134 Consider how much care you may need

135 Compare your costs

36

136 Overview

137 Premiums

138 Benefits tables

• Overview

• Premiums

• Benefits tables

139 Consider how much care you may need

140 Compare your costs

36

141 Overview

142 Premiums

143 Benefits tables

• Overview

• Premiums

• Benefits tables

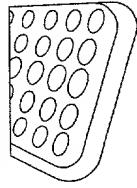
144 Consider how much care you may need

145 Compare your costs

36

1

Health Cost Calculator



Glossary ~ 38

RAND

7/27

Coinsurance

The employee's share of the medical expenses after satisfying the deductible. Co-insurance is usually expressed as a percentage.

40

Copayment

A nominal, standard fee charged to HMO members for each office visit or prescription.

Deductible

A fixed dollar amount the member must pay before the health care plan begins to cover costs.

Premium

A monthly fee that employers and/or employees pay for health insurance.

Total Expenditure

Your cost plus costs covered by the health plan.

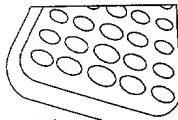
FIG. 7

Back

54

email your questions or comments ~ 56

Health Cost Calculator



1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

④ Overview

④ Premiums

④ Benefits tables

4 Consider how much care you may need

5 Compare your costs

36

Learn about basic cost and benefits

Out-of-pocket costs depend on how often you access services

40

Each time you visit the doctor or use some other service, you have to pay for that service.

HMO	You pay a small amount each visit called a <u>copayment</u>
PPO	<p>What you pay depends on whether you see a provider <u>in-network or out-of network</u>. If you see a provider in-network, you will have to pay a copayment with each visit if you see a provider out-of-network, the plan pays according to the following rules:</p> <ul style="list-style-type: none"> • The plan pays only after you have paid a certain amount called the <u>deductible</u>, out of your own pocket each year. • The amount of the deductible can vary from plan to plan (\$250 for each person covered is a typical amount) • After you reach the annual deductible the plan pays a fixed proportion of covered charges over that amount (80% is a typical amount but it could be 50% to 100%) • The proportion that you pay is known as the <u>coinsurance</u>.

Many plans set a **maximum out-of-pocket cost**, the maximum amount you have to pay out of pocket during the year. There may be a separate maximum for each family member, a larger overall maximum for the family as a whole, or both. Once your covered medical expenses during a year exceed the maximum (subject to certain exclusions), the plan pays 100% of the remaining covered charges for the year.

The maximum out-of-pocket cost is the most you have to pay in a bad year, when you and your family use a lot

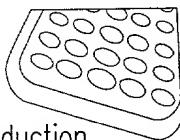
Back

54

email your questions or comments ~ 56

FIG. 8

Health Cost Calculator



1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

○ Overview

○ Premiums

○ Benefits tables

4 Consider how much care you may need

5 Compare your costs

36

Learn about basic cost and benefits

Out-of-pocket costs depend on how the plan covers services

40

Most plans will cover some of the cost of hospitals, doctor visits, and prescription drugs. Some plans will cover a portion of other services, such as home health care, home nursing care, or mental health services. Ideally, you want a plan that offers the coverage you need at a cost you can afford. But you may have to consider tradeoffs.

- Choose a plan that covers the costs of any major expenses.
- Think about medical services that you're likely to need and those that would be difficult to pay for if they weren't covered by the plan (e.g., hospitalization).
- You may wish to choose a cheaper plan that doesn't cover certain services that you don't expect to use or whose costs you can handle.
- Check to see if the plan covers any special medical needs that you or your family have (e.g., well-baby care, allergy therapy).

Limitations and Exclusions

Plans often have different limitations on and exclusions of certain types of services, such as out-of-hospital care, non-emergency care, preventive care, and so on. Check the exact limits of coverage.

Many plans also set annual or lifetime limits on coverage of some services or conditions, such as alcohol and drug treatment, mental health services, or specialized services such as physical, speech, or occupational therapy. If you or your family may need the services, it's important to consider the precise limits on coverage when choosing a plan.

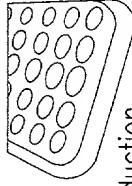
FIG. 9

Back

54

email your questions or comments ~ 56

Health Cost Calculator



- 1 Introduction
- 2 Tell us about yourself
- 3 Learn about basic cost and benefits
- 4 Consider how much care you may need
- 5 Compare your costs

Learn about basic cost and benefits

RAND

Out-of-pocket costs depend on which providers you use (in-network or out-of-network)

How much you pay for services can depend on whether you use doctors and hospitals that are part of the health plan's network.

- ① Overview
- ② Premiums
- ③ Benefits tables
- ④ Consider how much care you may need
- ⑤ Compare your costs

36

10/27

40

- HMOs have a network. You must use the network, and you must obtain a referral from your primary care physician in order to see a specialist. If you go to a doctor or hospital outside the network, or see a specialist without a referral, the plan won't pay.
- PPOs have a network. You will pay less if you use doctors and hospitals that are part of the plan's network and more if you go outside the network.

54

Back

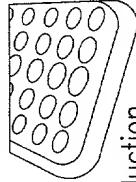
FIG. 10

email your questions or comments

56

52

Health Cost Calculator



- 1 Introduction
- 2 Tell us about yourself
- 3 Learn about basic cost and benefits

- ④ Overview
- ⑤ Premiums
- ⑥ Benefits tables
- ⑦ Consider how much care you may need

- ⑧ Compare your costs

36

Learn about basic cost and benefits

RAND

Premiums ~ 114

The table below shows your *monthly* contribution to the premium in the plans available to you. The highlighted column is based on health plan coverage for the following people: **yourself, your spouse/partner, ~ 116 and 2 children.**

Plan Name	Self	1 dependent	2 or more dependent
PPO	\$0	\$117.25	\$211.06
Staff-Model HMO	\$0	\$45.89	\$83.98
Mixed-Model HMO	\$0	\$40.95	\$75.01

40

118

11/27

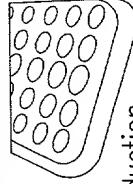
* a dependent is a spouse, domestic partner, and/or children

FIG. 11

email your questions or comments ~ 56

54

Health Cost Calculator



Learn about basic cost and benefits

38

RAND

Benefits tables

The links below provide you with information about the benefits offered by the health plans available to you—a summary table comparing the basic benefits of the three plans, and three brochures with detailed descriptions of the benefits offered by each plan.

- 1 Introduction
- 2 Tell us about yourself
- 3 Learn about basic cost and benefits**
- 4 Consider how much care you may need
- 5 Compare your costs

36

Summary of plan benefits

- Basic benefits of Staff-Model HMO
- Basic benefits of Mixed-Model HMO
- Basic benefits of PPO

The tables are PDF files that can be downloaded. You must have Adobe Acrobat Reader Version 3.0 or higher to read the PDF files. This Reader can be downloaded free of charge from the Adobe website.

12/27

40

54

56

FIG. 12

email your questions or comments

56

13/27

FIG. 130

COMPARISON HEALTH PLAN BENEFITS*

BENEFITS	PP0	MIXED MODEL HMO	STAFF MODEL HMO
CONCEPT	The PP0 Plan protects you and your family against large-out-of-pocket medical expenses. You can select a licensed physician anywhere in the world. If you choose to use the PP0 network physicians and facilities, your costs are lower. You may also access out-of-network providers and pay more.	The Mixed Model HMO is a pre-paid community health plan that emphasizes preventative medicine. Routine services are provided only by Mixed Model HMO facilities or contracting providers. Out-of-area emergency care is covered.	STAFF MODEL HMO is a health care services plan providing services directly in its own hospitals and medical offices. Out-of-area emergency care is covered.
MAXIMUM BENEFIT	UNLIMITED		
ANNUAL DEDUCTIBLE	\$300/PERSON, \$900/FAMILY		
DOCTOR'S VISITS			
OFFICE	In-Network, after deductible \$10 charge for office visit. 15% copayment for all other charges to \$2000, then 100%.	\$10 charge each visit. Unlimited visits No Charge	\$10 charge each visit. No Charge
HOSPITAL	Out-of-Network, after deductible 30% copayment for all charges to \$4000, then 100%.		
PREVENTATIVE CARE			
PERIODIC PHYSICAL EXAM	In-Network, \$10 charge each office visit, deductible waived Out-of-Network-Not Covered	\$10 charge each office visit	\$10 charge each visit
WELL BABY CARE	In-Network, \$10 charge each office visit, deductible waived Out-of-Network-30% copayment up to \$20 for each visit	\$10 charge each office visit	\$10 charge each visit
IMMUNIZATION/INOCULATION	In-Network-No Copayment Out-of-Network-30% copayment up to \$12 for each immunization	No Charge	No Charge
EYEGLASS/EXAMINATION	NOT COVERED	\$5 charge each office visit	\$5 charge each visit

14/27

FIG. 13b

HOSPITAL SERVICE	In-Network, after deductible	No Charge for semi-private room.	No Charge for semi-private room
ROOM AND BOARD	15% copayment \$1000 if precertification not obtained	Unlimited number of days; no dollar limit.	
SURGERY	Out-of-Network, after deductible	No Charge	No Charge
INTENSIVE CARDIAC CARE	30% copayment \$2000 deductible (waived for emergency admission)	No Charge	No Charge
SPECIAL DUTY NURSING		No Charge if authorized by Mixed Model HMO.	No Charge if authorized by Staff Model HMO.
OTHER HOSPITAL SERVICES/SUPPLIES		No Charge	No Charge
X-RAY AND LAB TESTS		No Charge	No Charge
AMBULANCE		No Charge if authorized by Mixed Model HMO.	No Charge if authorized by Staff Model HMO.
PRESCRIPTION DRUGS	In-Network, after deductible	\$5 per generic prescription	\$7 per prescription.
	\$7 per generic prescription	\$5 per formulary brand prescription	
	\$12 per brand prescription	\$25 per non-formulary brand prescription	
	\$11 per mail-order prescription generic or brand 90 day supply		
	Out-of-Network, after deductible		
	30% copayment		
EMERGENCY MEDICAL SERVICES	In-Network, after deductible	\$25 copayment, waived if admitted to hospital	Normal co-payments if in Staff Model Facility.
	15% copayment		*Refer to Disclosure Form/Evidence of Coverage for Non-Staff Model facilities.
EXTENDED CARE FACILITY	Out-of-Network, after deductible	Up to 100 days per calendar year in an authorized facility	Up to 100 days per calendar year in an authorized facility
	30% copayment		
	Up to 100 days per calendar year when pre-authorized		

15/27

HOME HEALTH SERVICES	In-Network, after deductible 15% copayment Out-of-Network, after deductible 30% copayment Up to 100 visits per calendar year when pre-authorized. Not covered when receiving Hospice benefit. Hospice Care-20% copayment, \$7,500 lifetime max.	\$10 copayment	No Charge for Home Health or Hospice
HEALTH EDUCATION	Not Covered	No Charge	\$10 per visit
MATERNITY	Covered the same as other physician and hospital services	No Charge	No Charge
HOSPITAL		\$10 Charge each office visit.	\$10 Charge each office visit.
OBSTETRICS		\$10 Charge each office visit.	No Charge
UNPLANNED INTERRUPTION OF PREGNANCY			
ALLERGY TESTING	In-Network, after deductible \$10 charge for office visit. 15% copayment for all other charges to \$2000, then 100% Out-of-Network, after deductible 30% copayment for all charges to \$4000, then 100%	\$10 Charge each office visit	No Charge
CORRECTIVE APPLIANCES	In-Network, after deductible 15% copayment Out-of-Network, after deductible 30% copayment Billed By Supplier 20% copayment Benefits limited to \$3,500 for each calendar year. No limit for prostheses following mastectomy or laryngectomy	No Charge includes hearing aids.	Not Covered except for heart pace- makers, hip joints, and prosthesis for mastectomy.
MENTAL HEALTH/SUBSTANCE ABUSE SERVICES			

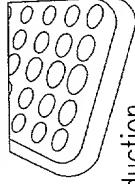
FIG. 13C

HOSPITAL	In-Network, after deductible 10% up to \$175 each day Out-of-Network, after deductible 30% up to \$175 each day	No Charge—45 days per disability year	No Charge—45 days per calendar year
NON-HOSPITAL	In-Network, after deductible 10% up to \$25 per visit Out-of-Network, after deductible 30% up to \$25 per visit	One Evaluative Visit at \$10 \$20 each visit for next 20 visits.	No Charge for first 20 outpatient visits per calendar year. \$10 each additional visit. Group therapy charges are reduced.
PREFERRED PROVIDER	\$2000 extra deductible for failure to use preferred provider	50% co-payment for hospital and physician	No Charge for individual or group therapy. Hospitalization for medical management of withdrawal costs same as hospitalization for any condition.

*This brief overview does not replace the summary of benefits available from providers or Summary Plan Description available from your Benefits Office.

FIG. 13d

Health Cost Calculator



Consider how much care you may need ↗ 38

RAND

Overview

- 1 Introduction
- 2 Tell us about yourself
- 3 Learn about basic cost and benefits
- 4 Consider how much care you may need

Your out-of-pocket costs depend on how much health care you and your family will use. Anticipating your level of health use can be difficult. You may find it helpful to consider the following questions:

- What health care did you and your family use last year?
- What health care are you certain that you and your family will use in the next year?
- What health care might you and your family use in the next year? (Consider any chronic conditions or other risk factors that you and your family may have.)

④ Overview

Estimating your

④ Level of health use

④ Levels of health use

5 Compare your costs

36 ↗

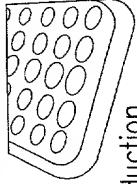
F/G. 14

54 ↗

email your questions or comments ↗ 56

17/27

Health Cost Calculator



- 1 Introduction
- 2 Tell us about yourself
- 3 Learn about basic cost and benefits
- 4 Consider how much care you may need

④ Overview

Estimating your
④ Level of health use

④ Levels of health use

5 Compare your costs

36

Estimating Your Level of Health Use

The table below can help you determine your family's level of health usage in a typical year. Please enter a number in each table cell and then submit your answers. You may want to print this screen for future reference.

	Anticipated number of visits to the Emergency Room	Anticipated number of Hospital Admissions	Anticipated number of prescriptions and refills
	<input type="text" value="3"/>	<input type="text" value="1"/>	<input type="text" value="2"/>
Yourself	<input type="text" value="3"/>	<input type="text" value="0"/>	<input type="text" value="2"/>
Your Spouse/ Partner	<input type="text" value="3"/>	<input type="text" value="0"/>	<input type="text" value="2"/>
Child #1	<input type="text" value="3"/>	<input type="text" value="0"/>	<input type="text" value="2"/>
Child #2	<input type="text" value="3"/>	<input type="text" value="0"/>	<input type="text" value="2"/>

* Visits to a primary care physician or specialists include all associated services (such as labs and x-rays)

132

128

54

134

SUBMIT your answers

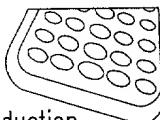
email your questions or comments

56

FIG. 15

18/27

Health Cost Calculator



1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

4 Consider how much care you may need

④ Overview

Estimating your Level of health use

Levels of health

use

5 Compare your costs

36

136

19/27 Consider how much care you may need ³⁸

Levels of Health Use

40

The table below provides five examples of levels of health use, ranging from **no use** to **very high use**. Read the table and think about which level of care you and your family are likely to use over the next year.

Based on your family's anticipated health use, your *estimated total expenditure* (your cost plus insurer's cost) is **\$2,500**. This puts your family in the **moderate use** category in the table below.

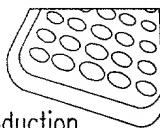
Examples of Typical Yearly Utilization to Five Levels of Health Care Use and to Families like Yours			
Levels of Health Care Use	Average number of Services Used Each Year**	<u>TOTAL Expenditure</u> your cost plus covered costs	Percent at Each Level of Use***
No Use	Premium only No visits or prescriptions	\$0	24
Low Use	3 medical visits 0 emergency room visit 0 hospital admission 8 prescriptions and refills	\$1–1,000	26
Moderate Use	11 medical visits 1 emergency room visit 0 hospital admission 17 prescriptions and refills	\$1,000–3,000	24
High Use	20 medical visits 1 emergency room visit 0 hospital admission 28 prescriptions and refills	\$3,001–10,000	20
Very High Use	30 medical visits 2 emergency room visit 1 hospital admission 39 prescriptions and refills	>\$10,000	6

* Similar in terms of age, sex, family size, and medical conditions.

** The numbers provided in this table are totals for families like yours. The doctor visits, emergency room visits, and hospital admissions include all associated services, such as labs and x-rays.

*** Percent of families (or individuals) like yours at each level of use, based on a national sample of 1.8 million privately insured households.

Health Cost Calculator



1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

4 Consider how much care you may need

5 Compare your costs

In-network costs

Out-of-network costs

Worst-case scenario

For more information

Copyright © 2002 RAND Corporation

36

20/27 Compare your costs 38

RAND

40

In-Network Costs

The table below shows an estimate of your total annual cost for each health plan, for various levels of health care need. These estimates assume you and your family receive all of your care within the health plan's network. Based on your family's estimated level of health use, the **moderate use** category has been highlighted for you. Be sure to consider what your cost would be if you need more or less care.

For example, the number in the upper left corner—\$2,533—is the amount you would pay if you chose **PPO** and you didn't go to the doctor at all during the next year. In this case, you would only pay the annual premium, which is \$2,533. The number just above the number in the bottom right corner—\$1,585—is the amount you would pay if you chose **Mixed-Model HMO** and you needed a large amount of care during the next year. This amount includes the annual premium (\$900), plus \$685 for copayments and other expenses.

In-Network Costs to Families Like Yours Estimates of Your Family's Total Annual Health Care Costs if You Receive All of Your Care INSIDE the Network includes premiums, copayments, deductibles and coinsurance					
Level of Health Use	No Use premium only	Low Use	Moderate Use	High Use	Very High Use
PPO	\$2,533	\$2,763	\$3,285	\$4,099	\$5,726
Staff-Model HMO	\$1,008	\$1,093	\$1,230	\$1,379	\$1,552
Mixed-Model HMO	\$900	\$1,012	\$1,185	\$1,381	\$1,585
No insurance	\$0	\$606	\$2,547	\$8,092	\$35,136

136

140

142

138

* Similar in terms of age, sex, family size, and medical conditions.

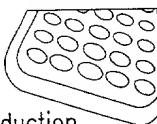
email your questions or comments

56

54

FIG. 17

Health Cost Calculator



- 1 Introduction
- 2 Tell us about yourself
- 3 Learn about basic cost and benefits
- 4 Consider how much care you may need
- 5 Compare your costs

In-network costs

Out-of-network costs

Worst-case scenario

For more information

36

146

148

144

* Similar in terms of age, sex, family size, and medical conditions.

email your questions or comments

56

54

FIG. 18

1

21/27 Compare your costs 38

RAND

40

Out-of-Network Costs

What if you use a doctor or hospital **outside of your plan's network?**

PPO plans include out-of-network coverage as part of the benefit package. HMO plans, however, do not cover out-of-network care at all; if you go to a doctor outside the HMO network, you must pay all of the bills yourself.

The table below shows the costs associated with receiving all your care from out-of-network health care providers. For **PPO**, the table is based on the assumption that you use out-of-network providers, but that hospitalizations and outpatient surgery take place in network. For **Staff-Model HMO** and **Mixed-Model HMO**, the table is based on the assumption that all care is provided out-of-network (because these plans provide no regular out-of-network benefit). If you use a mix of in-network and out-of-network providers, your costs will fall somewhere between those shown in the Out-of-Network Costs table below and the In-Network Costs table on the previous page. In **PPO**, if you use out-of-network hospitals or outpatient surgery centers, your costs will be higher than those shown in the Out-of Network Costs table below.

Based on your family's estimated level of health use, the **moderate use** category has been highlighted for you. Be sure to consider what your cost would be if you need more or less care.

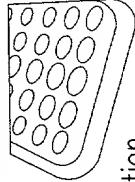
Out-of-Network Costs to Families Like Yours
Estimates of Your Family's Total Annual Health Care Costs if You Receive All of Your Care OUTSIDE the Network (includes premiums, copayments, deductibles and coinsurance and charges that are not covered by your insurance plan)

Level of Health Use	No Use premium only	Low Use	Moderate Use	High Use	Very High Use
PPO	\$2,533	\$2,969	\$3,950	\$6,093	\$12,651
Staff-Model HMO	\$1,008	\$1,667	\$3,711	\$9,311	\$39,806
Mixed-Model HMO	\$900	\$1,559	\$3,604	\$9,204	\$39,698
No insurance	\$0	\$659	\$2,704	\$8,304	\$38,798

54

Compare your costs ³⁸

Health Cost Calculator



1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

4 Consider how much care you may need

5 Compare your costs

① In-network costs

② Out-of-network costs

③ Worst-case scenario

④ For more information

Worst-Case Scenario

What if you need more care than you expect? Health insurance is intended to protect you from the expense of major health problems. You should consider what might happen if you need significantly more health care than you expect.

Look at the last two columns of the cost tables (**High Use** and **Very High Use**) to get an idea of how much each plan protects you against large expenses.

email your questions or comments ⁵⁶ ₅₄

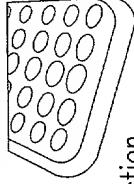
RAND

22/27

FIG. 19

36

Health Cost Calculator



Compare your costs ³⁸

For More Information

You'll find basic information about covered services, limitations, exclusions, premiums, deductibles, copayments, and other costs in each plan's marketing brochure. These brochures can be obtained from Human Resources.

- 1 Introduction
- 2 Tell us about yourself
- 3 Learn about basic cost and benefits
- 4 Consider how much care you may need
- 5 Compare your costs

- Ⓐ In-network costs
- Ⓑ Out-of-network costs
- Ⓒ Worst-case scenario
- Ⓓ For more information

36

Open enrollment ends November 15 and the new ^{✓ 154} coverages you elect will be effective January 1, 2001.

40

If you need information about your open enrollment options, please review the open enrollment kit that was sent to you earlier this month, review open enrollment information on HRC's website, or call your Benefits Office.

156

If you have questions about using this calculator, use the email link found on the bottom of the page.

When you are finished using the HCC use the ERASE ANSWERS button to delete your answers to the questions from Step 2

ERASE ANSWERS

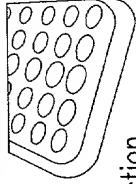
158

FIC. 20

email your questions or comments — 56

54

Health Cost Calculator



- 1 Introduction
- 2 Tell us about yourself
- 3 Learn about basic cost and benefits
- 4 Consider how much care you may need
- 5 Compare your costs

Looking at cost by condition ↗ 38

RAND

In-Network Costs

The links below will take you to tables which show estimates of the total annual cost to treat different medical conditions in the plans available to you. These estimates assume you and your family receive all of your care within the health plan's network.

40

The medical conditions listed for each family member are those you entered in Step 2.

Person 1	Condition 1 Condition 4 Condition 5
Person 2	Condition 4 Condition 7
Person 3	no medical condition

160

36 ↗

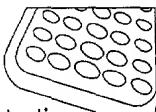
24/27

FIG. 21

email your questions or comments ↗ 56

54 ↗

Health Cost Calculator



1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

4 Consider how much care you may need

5 Compare your costs

6 Looking at cost by condition

① In-network costs

② Out-of-network costs

36

25/27 Looking at cost by condition ³⁸

RAND

In Network Costs for Person 1, Condition 1 ¹⁶²

40

The table below shows an estimate of your total annual cost to treat Condition 1 in the plans available to you. These estimates represent average costs for people similar to you* if you receive all of your care within the health plan's network.

For example, the number in the upper left corner- **\$20** - is the amount you would pay to treat medical Condition 1 if you chose **PPO** and your condition required very low use of services during the next year. The number just above the number in the bottom right corner- **\$350** - is the amount you would pay to treat medical Condition 1 if you chose **Mixed-Model HMO** and your condition required very high use of services.

164

In-Network Costs for Treating Condition 1 for People Like Person 1*

Estimate of Your Total Annual Health Care Costs To Treat Condition 1 If You Receive All of Your Care INSIDE the Network (includes copayments, deductibles, co-insurance and charges that are not covered by your insurance plan)

Level of Health Use	Very Low Use (0-20%)	Low Use (20-40%)	Moderate Use (20-40%)	High Use (60-80%)	Very High Use (80-100%)
PPO	\$20	\$150	\$600	\$1,300	\$2,400
Staff-Model HMO	\$10	\$50	\$100	\$200	\$350
Mixed-Model HMO	\$10	\$50	\$100	\$200	\$350
No insurance	\$100	\$500	\$1,500	\$3,000	\$10,000

* Similar in terms of age, sex, and medical condition.

** We divided the distribution of use of services to treat Condition 1 into quintiles, ranging from the lowest 20% of use to the highest 20% of use. "Very low use" is thus defined as level of use falling in the lowest 20% of the distribution of use for treating Condition 1.

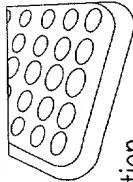
Back

54

FIG. 22

email your questions or comments ⁵⁶

Health Cost Calculator



Looking at cost by condition *38*

Out-of-Network Costs

What if you use a doctor or hospital **outside** of your plan's network to treat a particular medical condition?

PPO plans include out-of-network coverage as part of the benefit package. HMO plans, however, do not cover out-of-network care at all; if you go to a doctor outside the HMO network, you must pay all of the bills yourself.

The links below will take you to tables which show estimates of the total annual cost to treat different medical conditions in the plans available to you. These estimates assume you and your family receive all of your care **outside** of the health plan's network.

The medical conditions listed for each family member are those you entered in Step 2.

- ④ In-network costs
- ⑤ Out-of-network costs

Person 1	Condition 1	Condition 4	Condition 5
Person 2	Condition 4	Condition 7	
Person 3	no medical condition		

168

166

36

170

26/27

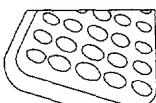
RAND

F/G. 23

email your questions or comments *56*

54

Health Cost Calculator



1 Introduction

2 Tell us about yourself

3 Learn about basic cost and benefits

4 Consider how much care you may need

5 Compare your costs

6 Looking at cost by condition

① In-network costs

② Out-of-network costs

Looking at cost by condition ^{27/27} ³⁸

RAND

40

Out-of-Network Costs for Person 1, Condition 1

The table below shows the costs associated with receiving all your care for treating Condition 1 from out-of-network health care providers. These estimates represent average costs for people similar to you*.

For **PPO**, the table is based on the assumption that you use out-of-network providers, but that hospitalizations and outpatient surgery take place in network. For **Staff-Model HMO** and **Mixed-Model HMO**, the table is based on the assumption that all care is provided out-of-network (because these plans provide no regular out-of-network benefit). If you use a mix of in-network and out-of-network providers, your costs will fall somewhere between those shown in the Out-of-Network Costs table below and the In-Network Cost table on the previous page. In **PPO**, if you use out-of-network hospitals or outpatient surgery centers, your costs will be higher than those shown in the Out-of-Network costs table below.

174

Out-of-Network Costs for Treating Condition 1 for People Like Person 1*

Estimate of Your Total Annual Health Care Costs To Treat Condition 1 If You Receive All of Your Care INSIDE the Network (includes copayments, deductibles, co-insurance and charges that are not covered by your insurance plan)

Level of Health Use (0-20%)**	Very Low Use (20-40%)**	Low Use (40-60%)**	Moderate Use (60-80%)**	High Use (80-100%)**	Very High Use (100-120%)**
PPO	\$40	\$250	\$800	\$1,500	\$4,000
Staff-Model HMO	\$100	\$500	\$1,500	\$3,000	\$10,000
Mixed-Model HMO	\$100	\$500	\$1,500	\$3,000	\$10,000
No insurance	\$100	\$500	\$1,500	\$3,000	\$10,000

* Similar in terms of age, sex, and medical condition.

** We divided the distribution of use of services to treat Condition 1 into quintiles, ranging from the lowest 20% of use to the highest 20% of use. "Very low use" is thus defined as level of use falling in the lowest 20% of the distribution of use for treating Condition 1.

Back ¹⁷²

FIG. 24

email your questions or comments